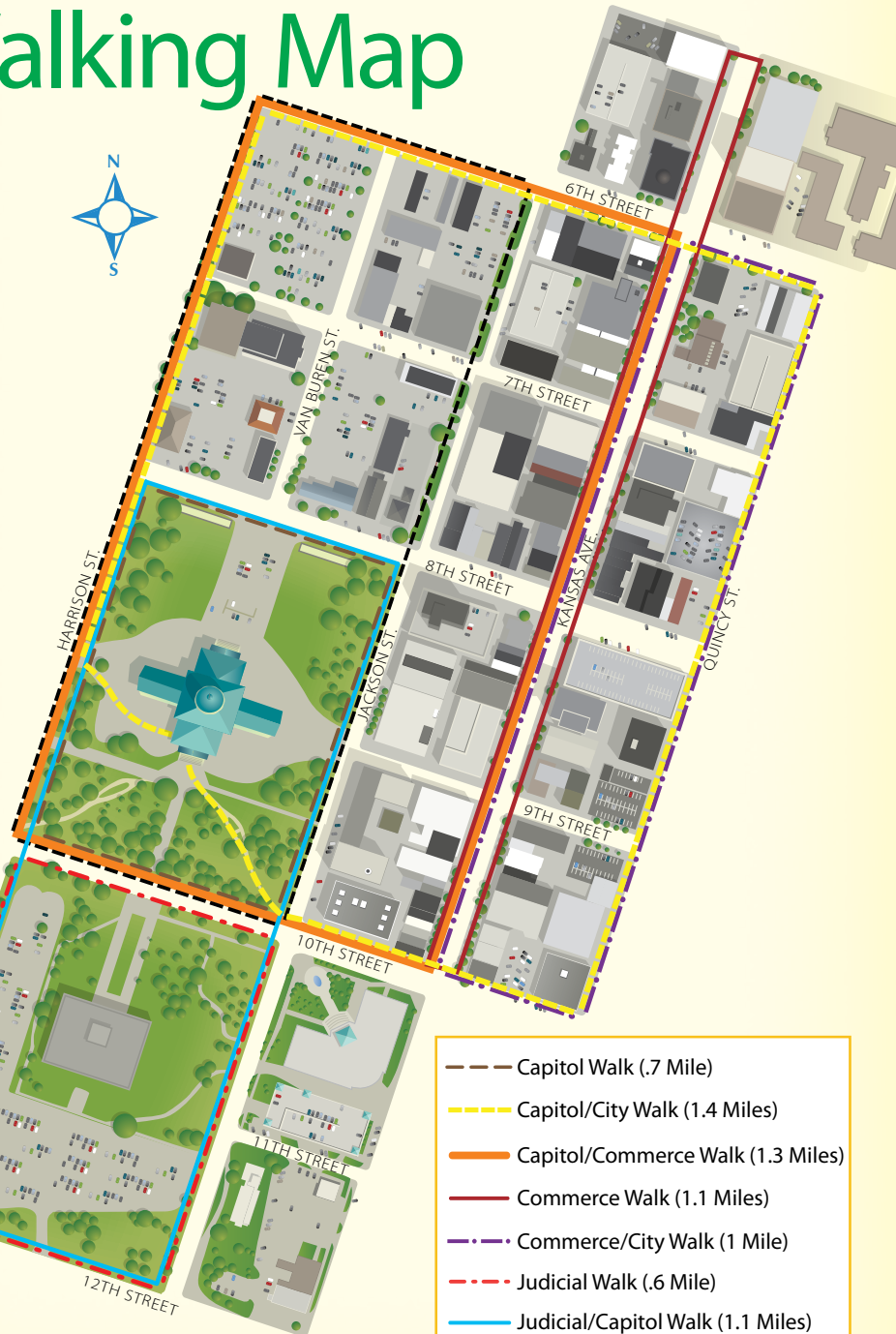
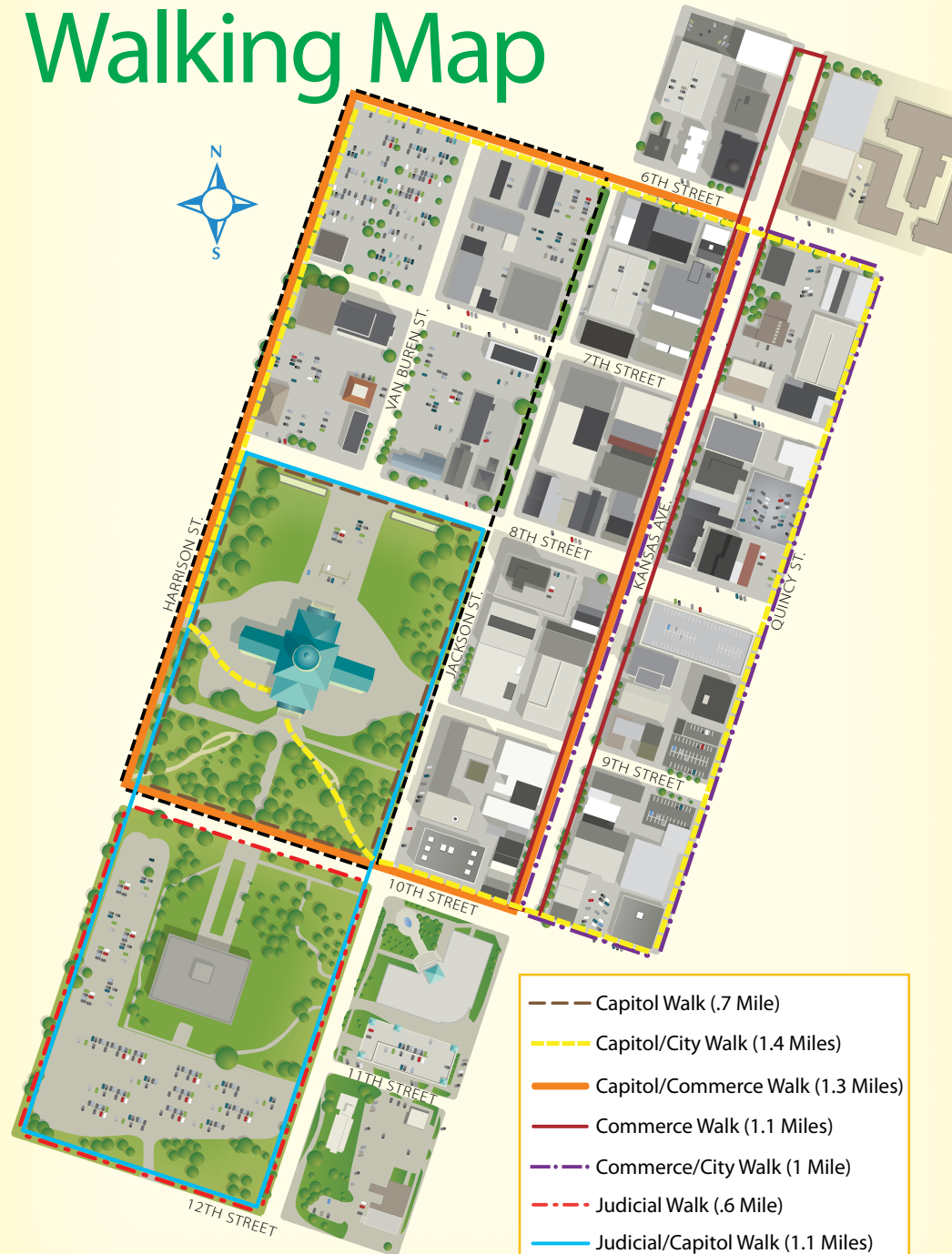


Capital City Wellness Walking Map



- Capitol Walk (.7 Mile)
- Capitol/City Walk (1.4 Miles)
- Capitol/Commerce Walk (1.3 Miles)
- Commerce Walk (1.1 Miles)
- Commerce/City Walk (1 Mile)
- Judicial Walk (.6 Mile)
- Judicial/Capitol Walk (1.1 Miles)
- Jackson/Harrison Walk (1 Mile)

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Capital City Wellness

Walking Safety Tips

- Walk with a buddy
- Vary your route
- Be aware of your surroundings: Watch for ice, water, bike riders, cracks in the pavement, or any other hazards in your path.



Benefits of Walking Regularly

- Manage weight
- Reduce stress
- Maintain a healthy heart
- Improve sleep
- Protect against hip fracture
- Prevent depression, colon cancer, constipation, osteoporosis, and impotence
- Lengthen lifespan
- Relieve arthritis and back pain
- Strengthen muscles, bones, and joints
- Reduce risk of breast cancer and type 2 diabetes
- Elevate overall mood and sense of well-being

Tips for success

- Start with keeping a comfortable pair of walking shoes and socks at your desk.
- Any amount of walking will be beneficial to your health. For best results, set a brisk pace and walk for 30 minutes at least 5 times a week.
- You do not have to get all 30 minutes in at once. Walk during your work breaks for 15 minutes, twice a day, and you have met the minimum recommendations. (It takes approximately 15 minutes to walk one mile). How far is that work meeting? Can you walk there?
- Walk briskly using the Talk Test to measure your intensity. You should be able to barely maintain a conversation while walking.
- Swinging your arms is a great way to increase the intensity of your walk and provide an upper body workout.
- Stair climbing is an excellent activity for your heart and perfect for inclement weather. Try walking up and down the stairs in your building. (You can burn approximately 10 calories per minute of stair climbing!)

To determine your fitness level: time how long it takes you to walk one-mile and count your heart rate when you are finished. Go to: www.healthykansas.org to plug in your results and to find out more about the one-mile test.



For more information visit our website at:
www.kdheks.gov/capitalcitywellness

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